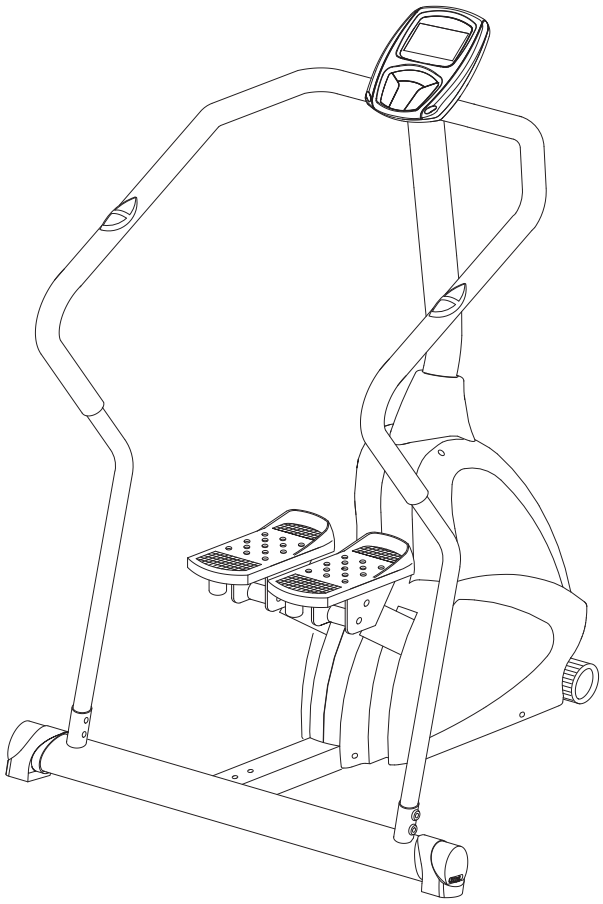
AVARI FITNESS

Programmable Stepper

Owner's Manual



Product May Vary Slightly From Pictured.

CAUTION:
Weight on this product should not exceed 300 lbs.

This Product is Distributed Exclusively by

STAMINA® PRODUCTS, INC.

2040 N. Alliance, Springfield, MO 65803
Customer Service
1 (800) 375-7520
www.staminaproducts.com

⚠ WARNING

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number:

Model#: A400-300

STAMINA PRODUCTS
MADE IN TAIWAN

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2012, 05

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SAFETY INSTRUCTIONS

⚠ WARNING **This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.**

⚠ WARNING **Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in serious injury or death.**

⚠ WARNING **To reduce the risk of serious injury, read the following Safety Instructions before using the AVARI® Programmable Stepper.**

1. Read all warnings and cautions posted on the **AVARI® Programmable Stepper.**
2. The **AVARI® Programmable Stepper** should only be used after a thorough review of the Owner's Manual.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **AVARI® Programmable Stepper.** Do not allow children to use or play on the **AVARI® Programmable Stepper.** Keep children and pets away from the **AVARI® Programmable Stepper** when it is in use.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the **AVARI® Programmable Stepper** on a solid level surface. Do not position the **AVARI® Programmable Stepper** on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the **AVARI® Programmable Stepper.**
8. Adjust the Leveling Caps(50) on the Rear Stabilizer(3) so that the stepper sits on the floor without rocking.
9. Before using, inspect the **AVARI® Programmable Stepper** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
10. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
12. Do not wear loose or dangling clothing while using the **AVARI® Programmable Stepper.**
13. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
14. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **AVARI® Programmable Stepper,** loss of balance may result in a fall and bodily injury.
15. The **AVARI® Programmable Stepper** should not be used by persons weighing over 300 pounds.
16. The **AVARI® Programmable Stepper** should be used by only one person at a time.
17. The **AVARI® Programmable Stepper** is for consumer use only. It is not for use in public or semipublic facilities.

Call Us First

Customer Service

1 (800) 375-7520

www.staminaproducts.com

THANK YOU FOR PURCHASING THE AVARI® Programmable Stepper

To enact your warranty, please register your product by going to register.staminaproducts.com

To help you get started, we have pre-assembled most of your AVARI® Programmable Stepper at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. With regular workouts, you will be getting your body into shape and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions, please call our Customer Service Department toll-free number,
1 (800) 375-7520
Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.
Friday, 8:00 A.M. - 3:00 P.M., Central Time.

ONLINE
CUSTOMER SERVICE
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Fax: (417) 889-8064

MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

BECOME A FAN!

BECOME A FAN!

BEFORE YOU BEGIN

Thank you for choosing the **AVARI® Programmable Stepper.** We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **AVARI® Programmable Stepper** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

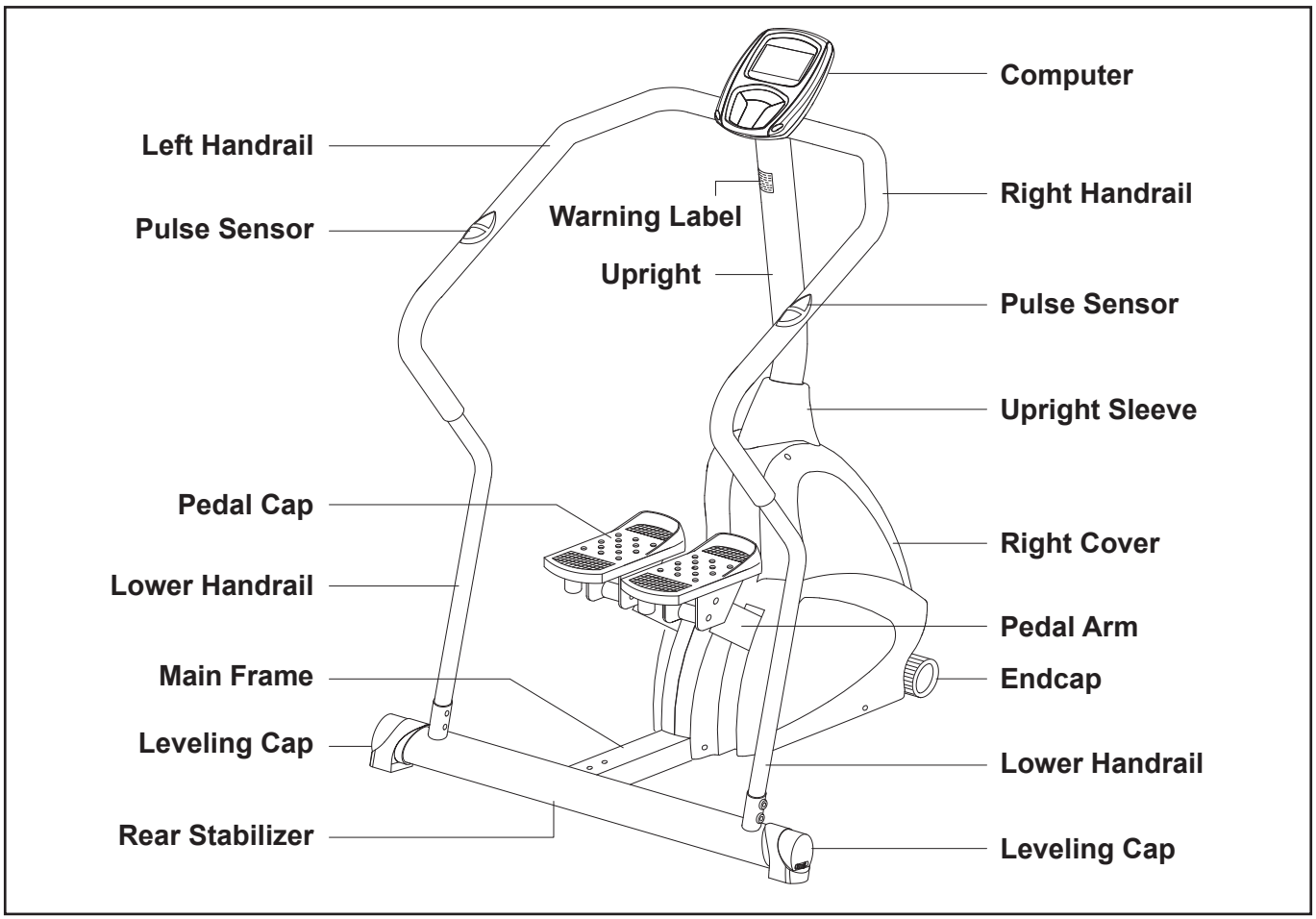
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **AVARI® Programmable Stepper.**

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **AVARI® Programmable Stepper,** please do not return the product. Contact us FIRST!

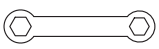
If a part is missing or defective, please go to staminaproducts.com under the Service section and order the part needed, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:

Allen Wrench (5mm)(2 pieces)



Wrench

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **AVARI® Programmable Stepper.** Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

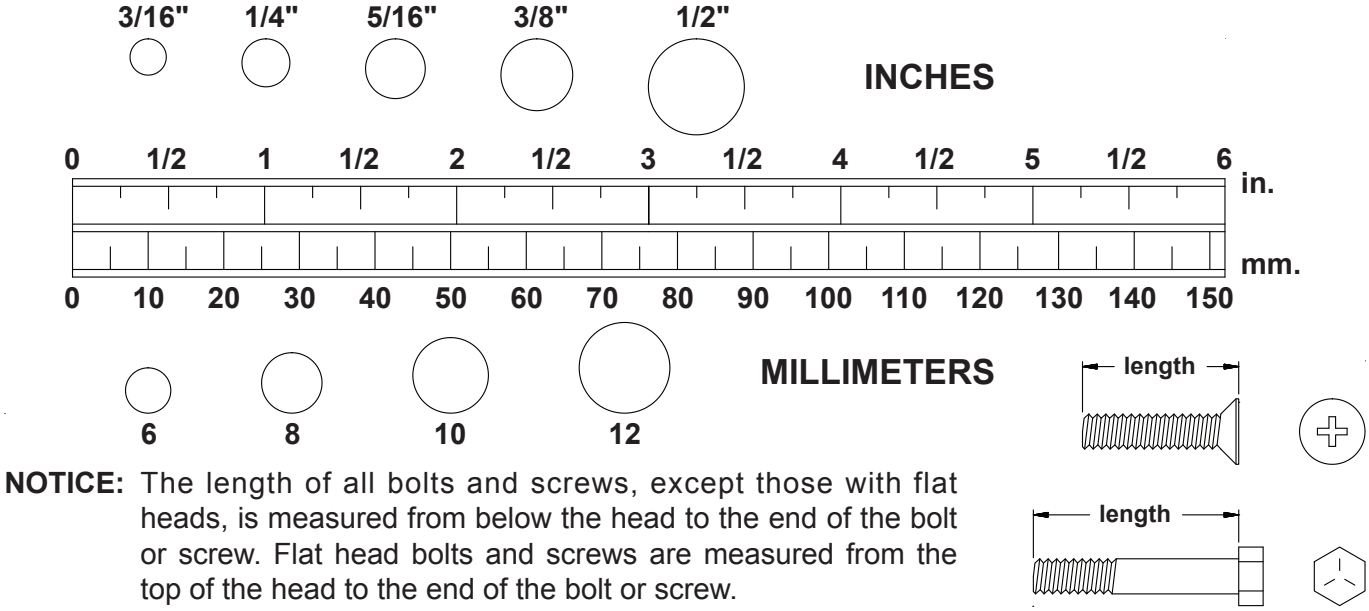
Label is larger than actual size

C1 **WARNING LABEL(87)**

WARNING
Failure to follow all warnings and instructions could result in serious injury or death. Before assembling or using this product, read and follow the Owner's Manual and all other warnings and instructions that accompany this product. Replace this warning label if damaged, illegible, or removed.
Keep others including children & pets away from equipment when in use.
Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35 or have any pre-existing health condition. Always make sure all nuts and bolts are securely tightened before using this product. This product should not be used by persons weighing more than 250 lbs. unless otherwise stated in your Owner's Manual.

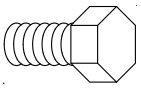
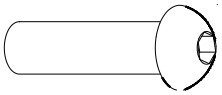
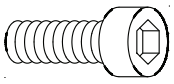
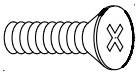
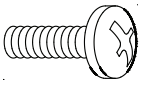
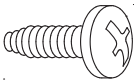
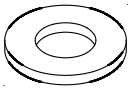
HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part Number and Description		Qty
	49	Bolt, Hex Head (M8 x 1.25 x 12mm)	8
	55	Barrel Nut (M6 x 1)	8
	56	Bolt, Socket Head (M6 x 1 x 16mm)	8
	24	Screw, Flat Head (M5 x 0.8 x 12mm)	2
	69	Screw, Round Head (M5 x 0.8 x 12mm)	4
	81	Screw, Round Head (M4 x 0.6 x 12mm)	2
	48	Washer (M8)	8

ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to staminaproducts.com under the Service section and order the part needed, e-mail us at customerservice@staminaproducts.com, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

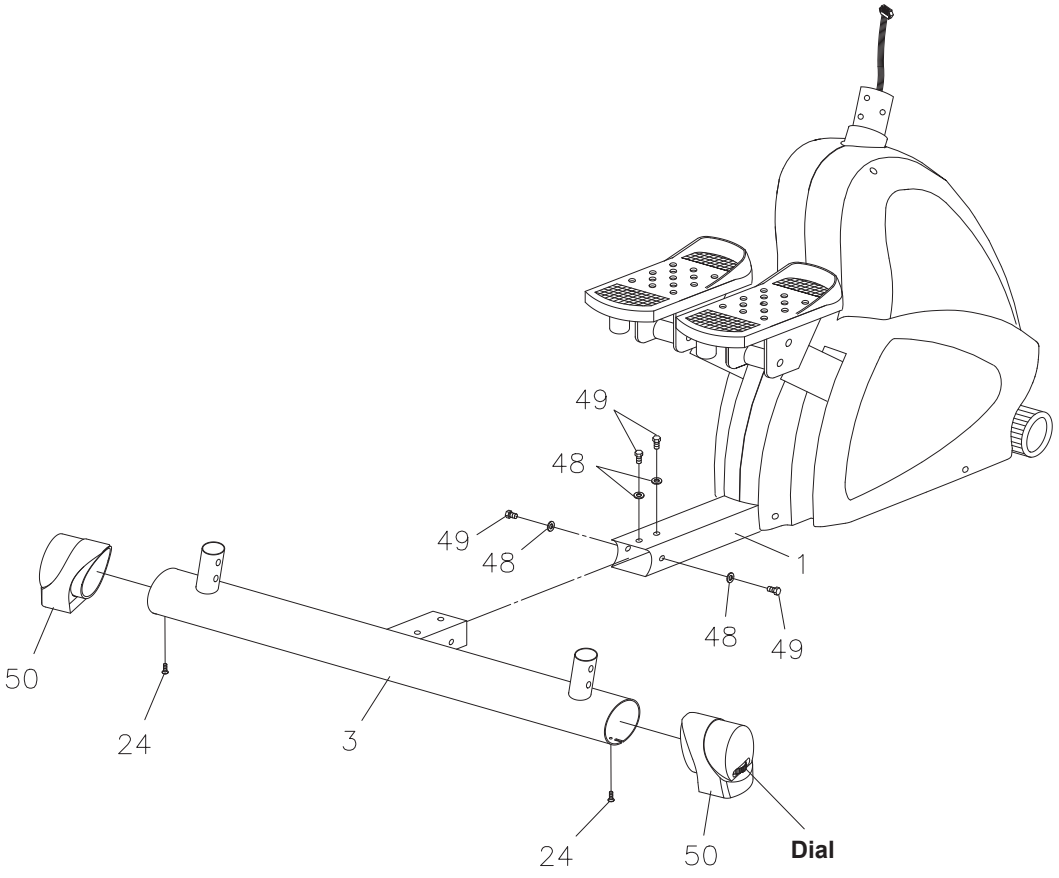
STEP 1

Press the **LEVELING CAPS(50)** onto both sides of the **REAR STABILIZER(3)** and secure with **FLAT HEAD SCREWS(M5x0.8x12mm)(24).**

STEP 2

Attach the **REAR STABILIZER(3)** to the **MAIN FRAME(1)** with **HEX HEAD BOLTS(M8x1.25x12mm)(49)** and **WASHERS(M8)(48).**

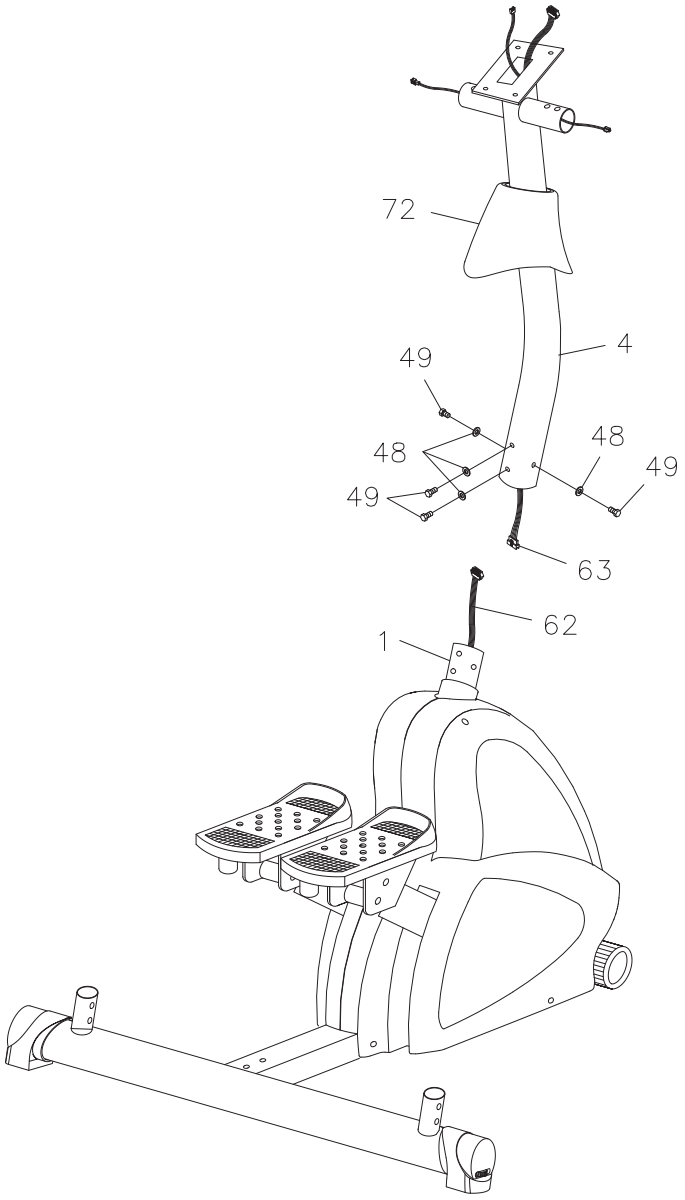
NOTE: You can turn the dials in the **LEVELING CAPS(50)** which are attached to the **REAR STABILIZER(3)** to keep the **AVARI® Programmable Stepper** stable.



ASSEMBLY INSTRUCTIONS

STEP 3

Slide the **UPRIGHT SLEEVE(72)** over the **UPRIGHT(4).** Connect the **EXTENSION CONTROL WIRE(63)** to the **CONTROL WIRE(62).** Insert the **UPRIGHT(4)** into the **MAIN FRAME(1)** and secure with **HEX HEAD BOLTS(M8x1.25x12mm)(49)** and **WASHERS(M8)(48).** Slide down the **UPRIGHT SLEEVE(72)** to cover the bolt heads.



ASSEMBLY INSTRUCTIONS

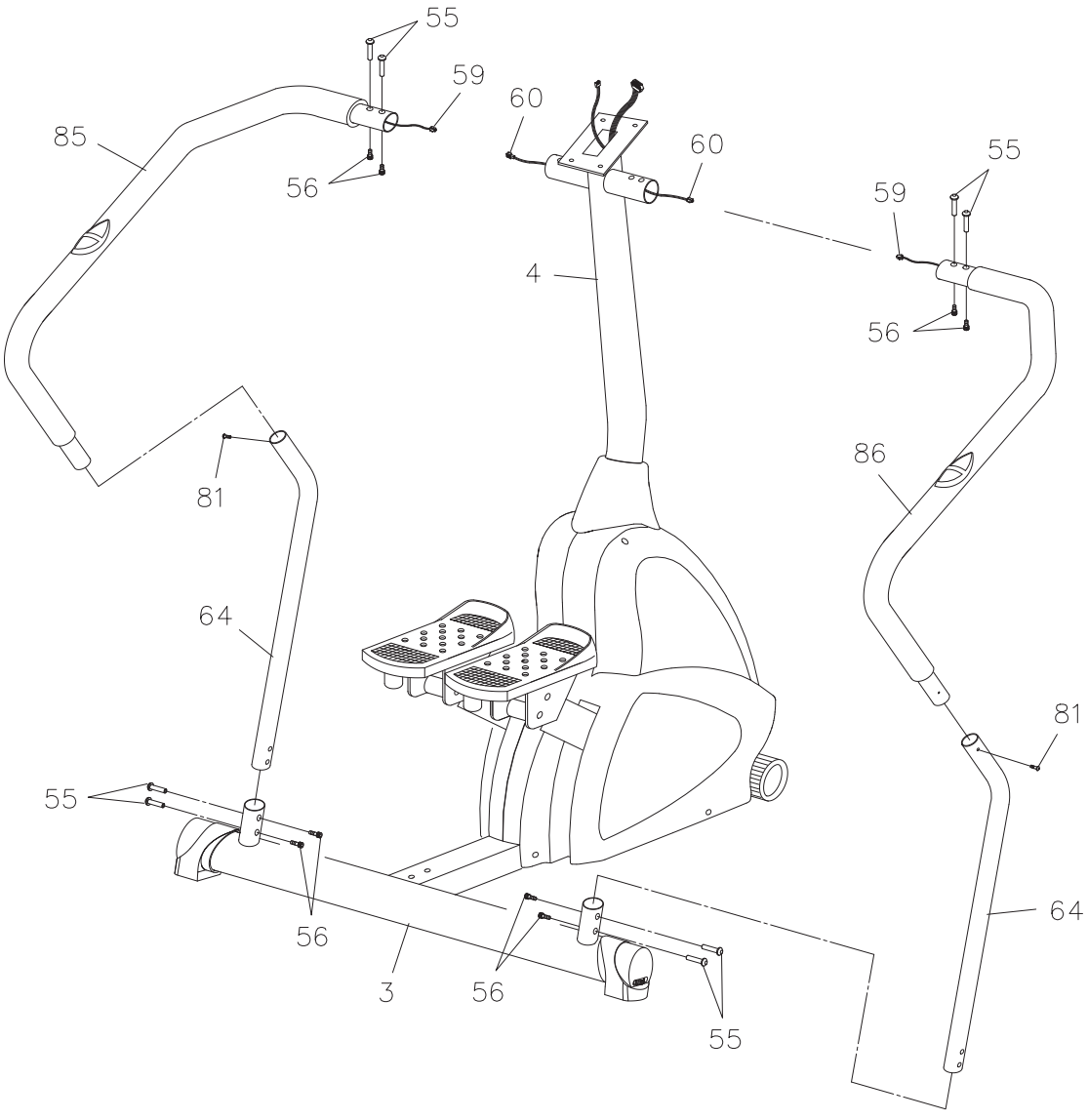
STEP 4

Insert the **LOWER HANDRAIL(64)** into the **REAR STABILIZER(3).** Plug the **PULSE SENSOR WIRE(59)** into the **PULSE CONNECTING WIRE(60),** then insert the **RIGHT HANDRAIL(86)** into the **UPRIGHT(4).** Insert the **RIGHT HANDRAIL(86)** into the top end of **LOWER HANDRAIL(64).**

STEP 5

Secure the **RIGHT HANDRAIL(86)** to the **UPRIGHT(4)** with the **BARREL NUTS(M6x1)(55)** and **SOCKET HEAD BOLTS(M6x1x16mm)(56).** Do not tighten the bolts. Secure the **RIGHT HANDRAIL(86)** to the **LOWER HANDRAIL(64)** with **ROUND HEAD SCREW(M4x0.6x12mm)(81).** Secure the **LOWER HANDRAIL(64)** to the **REAR STABILIZER(3)** with the **BARREL NUTS(M6x1)(55)** and **SOCKET HEAD BOLTS(M6x1x16mm)(56).** Tighten all of the bolts.

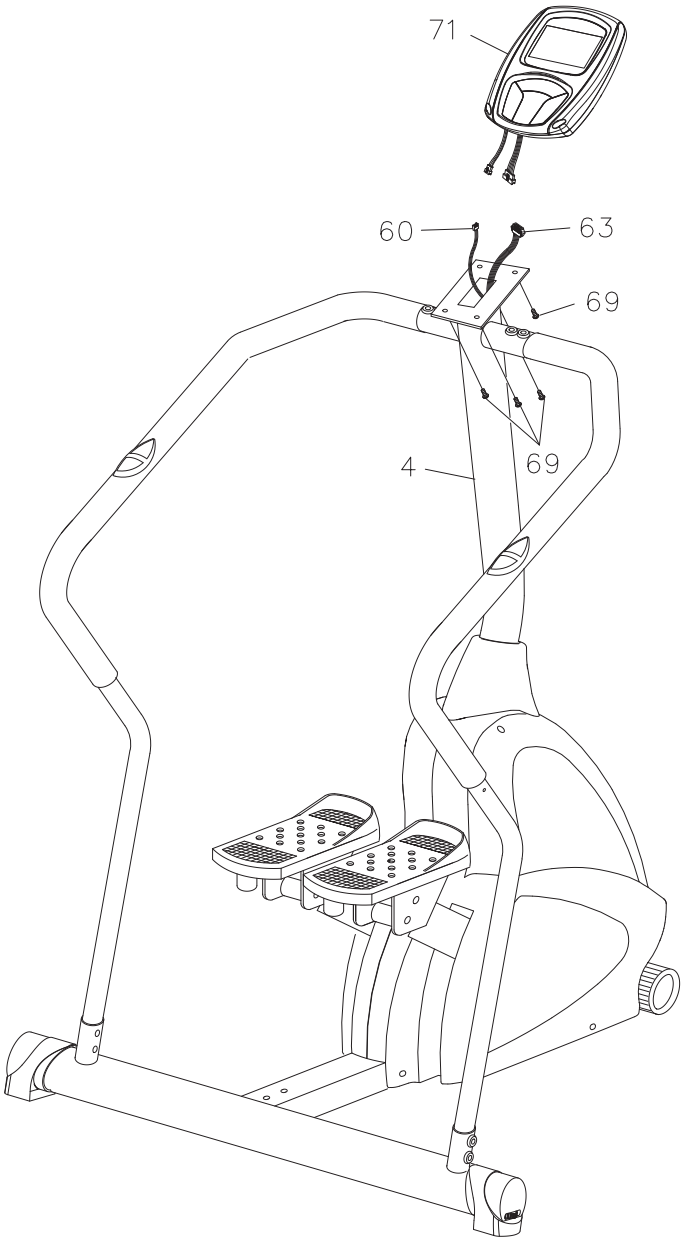
Repeat Steps 4 and 5 to attach the **LEFT HANDRAIL(85)** to the unit.

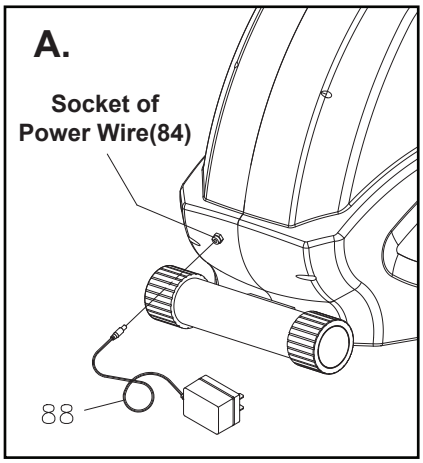


ASSEMBLY INSTRUCTIONS

STEP 6
Plug the **EXTENSION CONTROL WIRE(63)** and **PULSE CONNECTING WIRE(60)** into the **COMPUTER(71),** and push the excess wires back into the **UPRIGHT(4).** Attach the **COMPUTER(71)** to the plate on the **UPRIGHT(4)** with **ROUND HEAD SCREWS(M5x0.8x12mm)(69).**
NOTE: Be careful not to damage the wires when attaching the **COMPUTER(71)** to the **UPRIGHT(4).**

STEP 7
Refer to illustration A. Plug the **ADAPTER(88)** into the **SOCKET** of the **POWER WIRE(84)** located on the front of the unit. Plug the **ADAPTER(88)** into an electrical outlet.



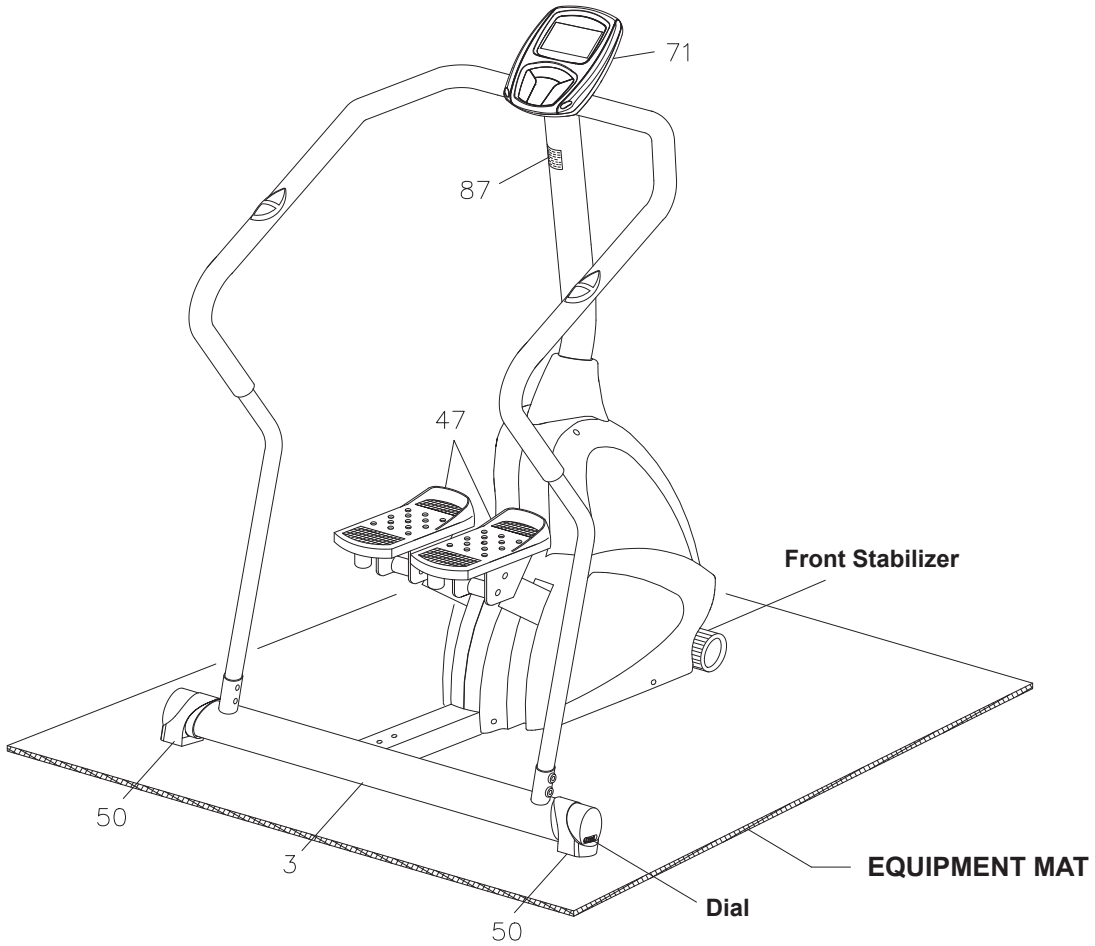


SET UP INSTRUCTIONS

Place the **AVARI® Programmable Stepper** in the area where it will be used. It is recommended that the **AVARI® Programmable Stepper** be placed on an equipment mat. The operation dimensions of the **AVARI® Programmable Stepper** are approximately 38.8 inches long x 39 inches wide x 59 inches tall. (These dimensions may vary up to one inch.) Make sure that adequate space is available for access to passage around and emergency dismount from the **AVARI® Programmable Stepper.** A minimum of 20 inches on at least one side and 20 inches either behind or in front of the **AVARI® Programmable Stepper** is required for safe operation.

LEVELING: Turn the dials in the **LEVELING CAPS(50)** which are attached to the **REAR STABILIZER(3)** so that the **AVARI® Programmable Stepper** sits on the floor without rocking.

MOVING: The **AVARI® Programmable Stepper** has a pair of **WHEELS(31)** on the front stabilizer of the **MAIN FRAME(1).** Lift up the **REAR STABILIZER(3)** to move the **AVARI® Programmable Stepper.**



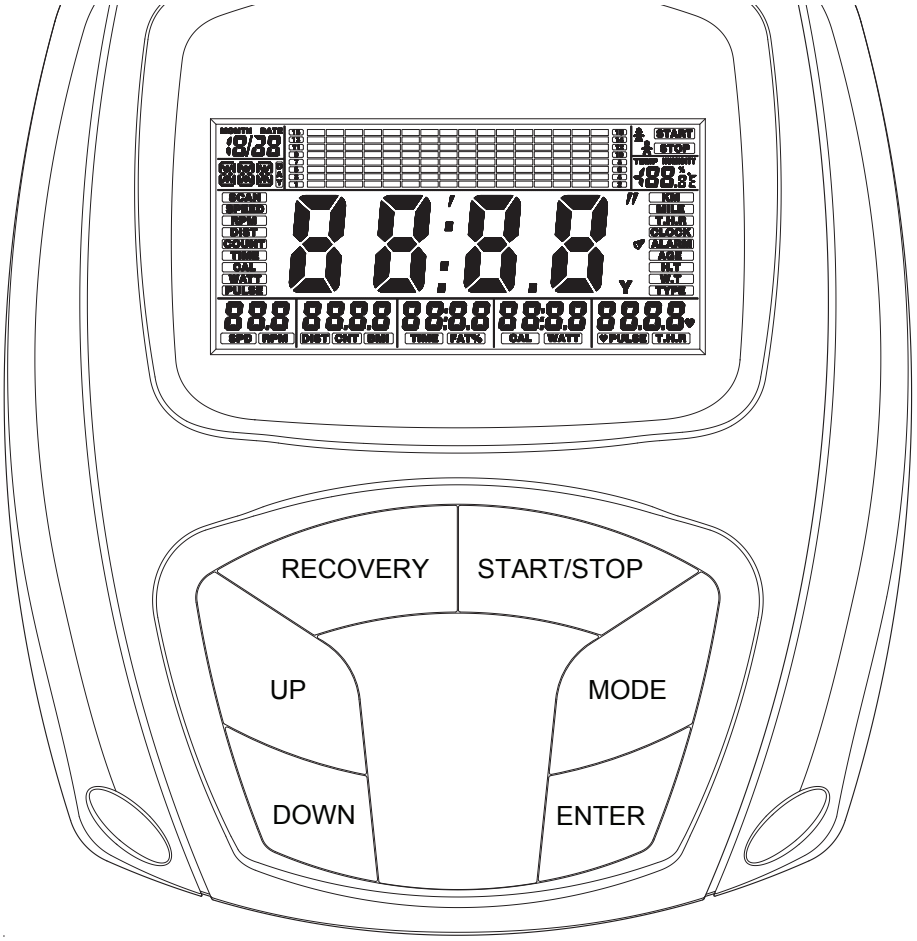
FUNCTION INSPECTION:

Visually inspect the **AVARI® Programmable Stepper** to verify that assembly is as shown in the above illustration. Check the function of the **AVARI® Programmable Stepper** by stepping on the **PEDAL CAPS(47)** slowly move through one complete cycle to verify that the drive train functions properly. Use the **UP, DOWN,** and **ENTER** buttons on the **COMPUTER(71)** to select a program and verify that the Magnetic System provides different tensions. Refer to the COMPUTER INSTRUCTIONS on pages 12 to 21.

CAUTION: Locate and read the **WARNING LABEL(87)** on the **AVARI® Programmable Stepper.** Make sure that all users read the **WARNING LABEL(87)** before using the product.

COMPUTER INSTRUCTIONS

Your **AVARI® Programmable Stepper** utilizes a magnetic braking system to create resistance for your workout. You control the amount and pattern of this resistance by means of the advanced computer console mounted at the center of the Handrails. We recommend that you use this computer console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation and interest which will help keep you on track.



FUNCTION BUTTONS:

MODE: Press and release to select each function for display on Main Screen, including **RPM, COUNT, TIME, CALORIES, WATT,** and **PULSE.**

ENTER : Press to confirm the selected programs and the values of the setting mode.
Press and release to select each function for display on Main Screen during running a program, including **RPM, COUNT, TIME, CALORIES, WATT,** and **PULSE.**
Press the button and hold it down for two seconds to reset all functions to zero and skip to setting mode.

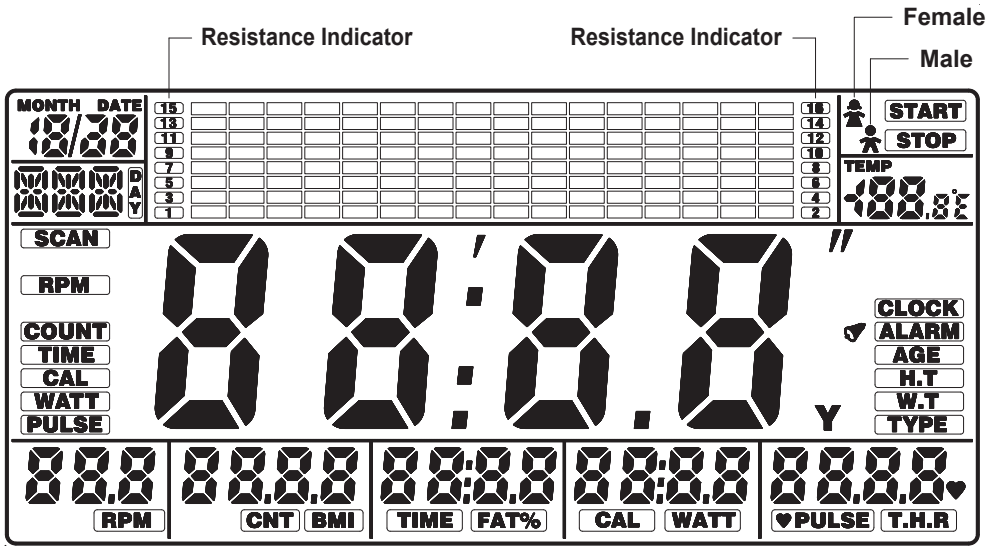
START/STOP: Press to start the selected program. Press the **START/STOP** button to stop the program. You can press the **START/STOP** button again to continue to run the current program, or use **UP** and **DOWN** buttons to select a new program.

UP : Press to select programs. Press to increase the values of the setting mode.
Press to increase the level of the workload when running a program.

DOWN : Press to select programs. Press to decrease the values of the setting mode.
Press to decrease the level of the workload when running a program.

RECOVERY: To activate the pulse recovery function after training, you have to input your personal data in advance for correct readout.

COMPUTER INSTRUCTIONS



LCD DISPLAY INSTRUCTIONS

START Indicates the program selected has started.

STOP Indicates the program selected has stopped. You must be in the **STOP** mode to setup the programs.

RESISTANCE INDICATOR: Displays resistance level of the current interval of program, from 1 to 16.

Indicates the gender (Male or Female) selected for the Body Fat program.

Displays the current environment temperature.

Displays the date information.

Displays the rate of strides per minute, from zero to 9999.

Displays flashing **"0"** for presetting the number of strides you want to take during setup, from 10 to 9990, and counts down from the preset value.
If no value is preset, displays the total number of strides you have taken during exercise, from zero up to 9999 strides.
Displays the BMI in Body Fat program. (BMI is Body Mass Index. See page 18.)

Displays flashing **"0:00"** for presetting the program time during setup, from 1:00 to 99:00, and counts down from the preset value.
If no value is preset, displays the time during exercise, from 1 second up to 99:59 minutes.
Displays the value of FAT% after you run the Body Fat program, from 5% to 50%.

COMPUTER INSTRUCTIONS

Displays flashing **"0:0"** for presetting the calories consumption during setup, from 0 to 9990 cal, and counts down from the preset value.
If no value is preset, displays the calorie consumption, from zero to 9999 cal. Or displays WATT, from 0 to 999.9 watt. Press **MODE** button to select the display of CAL or WATT.
NOTE: The calorie and watt readouts are an estimate for an average user. It should be used only as a comparison between workouts on this unit.

Displays flashing **"120"** for presetting the TARGET H.R. during setup, from 60 to 220.
Displays the pulse rate, from 39 to 240 beats per minute during exercise.
NOTE: You must place both of your hands on the Pulse Sensors on the Handrails to input the pulse signal. Each pulse rate signal will be accompanied with one " ♥ " symbol flash. If you do not place your hands correctly and 8 seconds passes without a pulse input, the computer will turn off the pulse circuit. Place your hands back on the Pulse Sensors correctly, the pulse readout will appear again.

PROGRAM DESCRIPTIONS

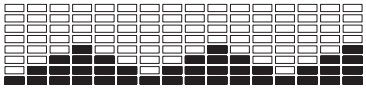
This computer contains 20 different programs. You can preset the program time and the computer will divide the time into 16 intervals. If you do not set the program time in advance, the computer will use 1 minute for each interval of the program.

(M) MANUAL

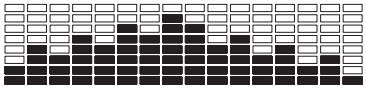
MANUAL PROGRAM: Program "M" is a manual program allowing the user to have full manual control of the workload. Use the **UP** button to increase the load. Use the **DOWN** button to decrease the load.

PRESET PROGRAMS: P1 to P12 are preset automatic programs. The profiles are shown on the face of the computer. Use the **UP** button to increase the load level of the program. Use the **DOWN** button to decrease the load level of the program.

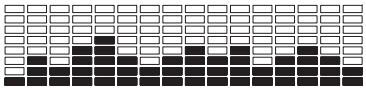
(P1) HILLS



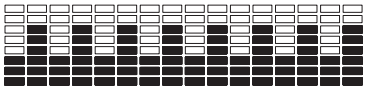
(P2) RAMPAGE



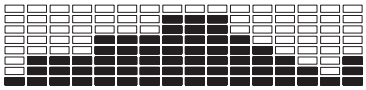
(P3) RANDOM



(P4) INTERVAL

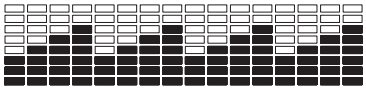


(P5) FITNESS TEST

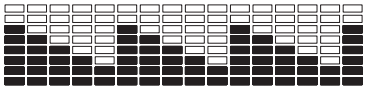


(P6) MOUNTAIN

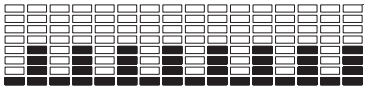
(P7) ROLLING



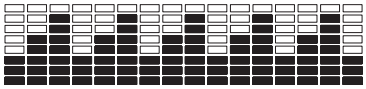
(P8) VALLEY



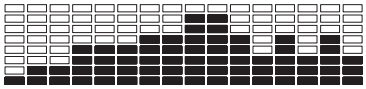
(P9) INTERMITTENCE



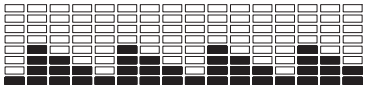
(P10) BUMPINESS



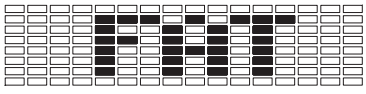
(P11) RAMP



(P12) HILLOCK



(FAT) BODY FAT (P13)

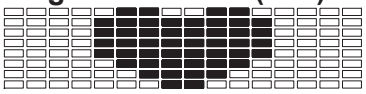


BODY FAT MEASUREMENT: Program "FAT" is a special program designed to measurement your body fat ratio. You must Input your gender, age, height, and weight for correct readout.

COMPUTER INSTRUCTIONS

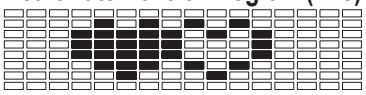
HEART RATE CONTROL PROGRAMS: P14 and P15 are preset automatic heart programs. You must always hold the Pulse Pensors on the Handrails with both hands when using the heart programs.

Target Heart Rate (P14)



Target Heart Rate Program: This program allows you to input the TARGET H.R. you desire, from 60 to 220.

Heart Rate Control Program (P15)

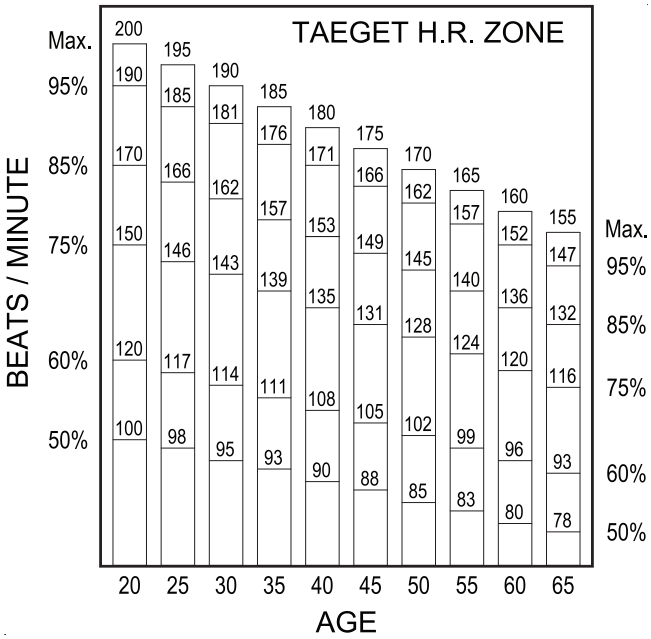


Heart Rate Control Program: You must input your age for determining your Maximum Heart Rate. Then the program allows you to input the percentage of your Maximum Heart Rate you desire, from 50% to 95%. The computer will calculate the Target Heart Rate for the workout based on the age and percentage of Maximum Heart Rate that you input.

The program will monitor your pulse and adjust the workload automatically to keep your pulse within the zone which is plus & minus 5 Heart Beats from the target heart rate based on the program that you selected.

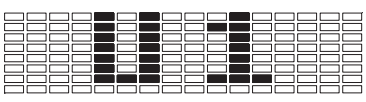
For example:
If your age is 30 : The maximum heart rate is 190.
If you select the Heart Rate Control Program (P15) and preset 60% of maximum heart rate: 190 x .60=114.
Heart rate zone: plus & minus 5 of 114 is 109 to 119.
The program will monitor your pulse and adjust the workload automatically to keep your pulse within the heart rate zone (109 to 119) during your workout.

NOTE: *For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate.*



USER SETTING PROGRAMS: U1 to U4 are the automatic programs that allow the user to manually preset each of the 16 intervals. Under **STOP** mode, use **UP, DOWN,** and **ENTER** buttons to edit the program profile. The program profile will be stored in the memory after setup. You can modify the profile anytime under the **STOP** mode. **NOTE: The changes can be stored only under STOP mode.**
When running a program, you still can use the **UP** button to increase the load level of the program. Use the **DOWN** button to decrease the load level of the program. These changes will not be stored in memory.

(U1, U2, U3, U4)



PROGRAM U1 (P16)
PROGRAM U2 (P17)
PROGRAM U3 (P18)
PROGRAM U4 (P19)

NOTE: Display U1 to U4 for Program 16 to 19.

COMPUTER INSTRUCTIONS

COMPUTER OPERATION DESCRIPTIONS

DATE / CLOCK SET UP **(Only can be done right after the unit is powered on by the ADAPTER(95)).**
The computer uses the **ADAPTER(95)** as a power source. The date and clock must be reset anytime when you plug the **ADAPTER(95)** into an electrical outlet to power on the **AVARI® Programmable Stepper.**

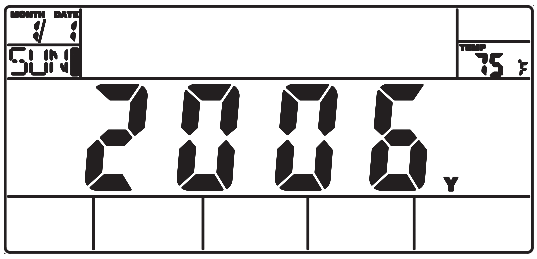
1. **Date/Clock Setting:** Once power is on, the computer will then display all items on the screen and a "beep" will sound for two seconds. The Date/Clock setting display will be blinking as shown in illustration A. Use **UP, DOWN,** and **ENTER** buttons to set the date and clock.

2. **Alarm Setting:** Right after setting the Clock, the computer displays flashing **"ALARM"** for presetting the time for the alarm function. You can press **ENTER** button to pass the setting, or press **UP** or **DOWN** button until the "✓" symbol appears. Then press **ENTER** button and use **UP, DOWN,** and **ENTER** buttons to set the time for alarm. The "✓" symbol will always stay on the LCD display after setting up the alarm time. Refer to illustration 2. Once the alarm is ringing, press any button to stop it.

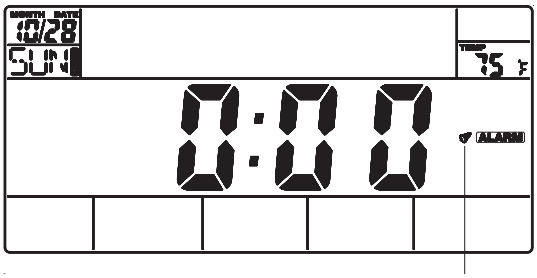
NOTE:

1. After power is on and in the Date/Clock setting mode, the computer will skip to program setting mode automatically after 20 seconds of inactivity. Or, you can press the **ENTER** button and hold it down for two seconds to skip to program setting mode directly.
2. Under **STOP** mode, press the **MODE** button then press **RECOVERY** button and hold them down together for two seconds, then the computer will skip to the Date/Clock setting mode. You can change the Date/Clock, and reset or cancel the alarm setting. To cancel the alarm setting, press **UP** or **DOWN** button until the "✓" symbol disappear, then press **ENTER** button.

A.



B.



The "✓" symbol must appear.

COMPUTER INSTRUCTIONS

PROGRAM OPERATION INSTRUCTIONS

The advanced computer with diversified programs allows you to control the following features:

- **Workout Time (Except in Body Fat Program, P13)**
- **Distance (Except in Body Fat Program, P13)**
- **Heart Rate Control (Program 14 to 15)**
- **Body Fat (Body Fat Program, P13)**

Select the program that you desire and set the function values to adjust your workout. The different categories of programs operate in different ways but, the computer will guide you step by step to setup the program easily. Refer to the following list to learn what you may change in the programs.

CATEGORY	PROGRAM	VARIABLES
Manual Program	Program M	Count, Time, Calories, Target H.R.
Preset Program	P1 ~ P12	Count, Time, Calories, Target H.R.
Body Fat Program	P13	Gender, Age, Height, Weight
Target Heart Rate Program	P14	Count, Time, Calories, Target H.R.
Heart Rate Control Program	P15	Count, Time, Calories, Age, Percentage*
User Setting Program	U1 ~ U4	Count, Time, Calories, Target H.R., 16 Intervals

** Desired percentage of your Maximum Heart Rate.*

OPERATION INSTRUCTIONS

A. MANUAL AND PRESET PROGRAMS (Program M and P1 to P12)

STEP 1: POWER ON
Pedaling or press any button.

STEP 2 : SELECT PROGRAM
The program **"M"** (Manual Program) is always displayed first when you power on the computer. Press the **ENTER** button to select the Manual Program and the computer will skip to setting mode for presetting the function values. Or, you may press the **UP** and **DOWN** buttons to select other programs.
NOTE: After using the **UP** and **DOWN** buttons to select the desired program, you can press the **START/STOP** button to run the program directly without presetting any function values.

STEP 3: SET THE PROGRAM TIME, COUNT, CALORIES, and **TARGET HEART RATE**
After pressing the **ENTER** button to select the desired program. The computer will go through the input items as follows and allow you to set the function values. Use **UP, DOWN** and **ENTER** buttons to input the values. Or press the **ENTER** button to pass some of the inputs.

Count (10 to 9990 Strides) → Time (1:00 to 99:00) → Calories (10 to 9990 cal) → Target H.R. (60 to 220)

NOTE: When the **TARGET H.R.** is preset, if your pulse is equal to or greater than the **TARGET H.R.** during workout, the value of **PULSE** will keep flashing. **Please note that this is a warning for you to slow down or lower the Level of resistance.**

STEP 4 : START TO WORKOUT
Now you are ready to begin exercising. The program will not start until you press the **START / STOP** button.

COMPUTER INSTRUCTIONS

B. BODY FAT MEASUREMENT (Program "FAT")

STEP 1: POWER ON
Pedaling or press any button.

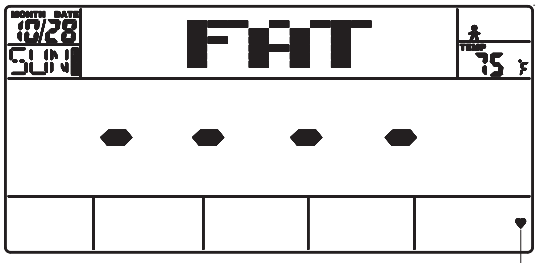
STEP 2 : SELECT PROGRAM
Press **UP** and **DOWN** buttons until the program **"FAT"** is displayed.

STEP 3: SELECT GENDER AND INPUT YOUR AGE, HEIGHT, AND WEIGHT
Press the **ENTER** button, the **GENDER** mode will appear with the display flashing **"** 🚹 **".** Use **UP** and **DOWN** buttons to select. Press the **ENTER** button and use **UP** and **DOWN** buttons to set the values of your **AGE, HEIGHT,** and **WEIGHT.** After you input your weight and press the **ENTER** button, the display will look as illustration C and will be ready to measure your body fat.

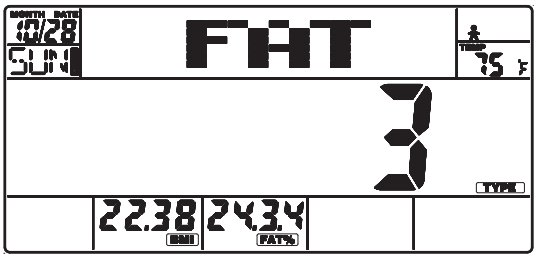
STEP 4: CALCULATE YOUR BODY FAT
NOTE: You must place both of your hands on the Pulse Sensors on the Handrails to input the pulse signal. Make sure the heart symbol "❤" is flashing that means the computer received your pulse signal.
Press the **START/STOP** button and hold the Pulse Sensors on the Handrails with both hands. A few seconds later, the computer will show the information for **BODY TYPE , FAT%,** and **BMI,** refer to illustration D. Press **UP** and **DOWN** buttons to exit the display.

NOTE:
1. Once you have the correct personal data in the computer you can simply press the **START/STOP** button and hold the Pulse Sensors on the Handrails with both hands to do the body fat measurement when you select the **"FAT"** program.
2. If you do not hold the Pulse Sensors properly or your hands are too dry or if no signal is available, an error code **E** will be displayed. Moisten your hands if necessary, then press the **START/STOP** button and do the body fat measurement again.
3. **The values calculated or measured are for average people and they are for exercise purposes. They are not for medical purposes.**

C.



D.



UNDERSTANDING THE READOUT INFORMATION

1. BMI (BODY MASS INDEX)

Body Mass Index is a height/weight formula used by health and weight professionals around the world to assess a person's body weight. From your body mass index number you can see if you are underweight, normal weight, overweight or obese.

BMI conclusions vary slightly according to gender. Here is a general summary of weight-status based on BMI.

Underweight	Under 20 (19 for women)
Normal Weight	Between 20 and 24.99
Overweight	Between 25 and 29.99
Obese Class 1	Between 30 and 34.99
Obese Class 2	Between 35 and 39.99
Extreme Obesity	40 and above

COMPUTER INSTRUCTIONS

UNDERSTANDING THE READOUT INFORMATION (Continue)

2. BODY FAT %

Your body fat percentage is simply the percentage of fat your body contains. If you are 150 pounds and 10% fat, it means that your body consists of 15 pounds fat and 135 pounds lean body mass (bone, muscle, organ tissue, blood and everything else).

A certain amount of fat is essential to bodily functions. Fat regulates body temperature, cushions and insulates organs and tissues and is the main form of the body's energy storage. The table describes body fat ranges and their associated categories.

General Body Fat Percentage Categories		
Classification	**Women (fat %)**	**Men (fat %)**
Essential Fat	**10 - 12%**	**2 - 4%**
Athletes	**14 - 20%**	**6 - 13%**
Fitness	**21 - 24%**	**14 - 17%**
Acceptable	**25 - 31%**	**18 - 25%**
Obese	**32% plus**	**25% plus**

3. BODY TYPE

There are 5 BODY TYPES divided according to the FAT % calculated.
Body Type 1: Ultra Slim Type (Body Fat 5% ~ 9%)
Body Type 2: Slim Type (Body Fat 10% ~ 19%)
Body Type 3: Ideal Healthy Type (Body Fat 20% ~ 29%)
Body Type 4: Fat Type (Body Fat 30% ~ 39%)
Body Type 5: Ultra Body Fat Type (Body Fat 40% ~ 50%)

When you know which body type you are and diet and exercise correctly for that type, you will make much better progress.

C. HEART RATE CONTROL PROGRAMS (P14 to P15)

STEP 1: POWER ON
Pedaling or press any button.

STEP 2 : SELECT PROGRAM
Press **UP** and **DOWN** buttons until the desired program is displayed.

STEP 3: SET THE PROGRAM TIME, COUNT, CALORIES, and **TARGET HEART RATE**
After press the **ENTER** button to select the desired program. The computer will go through the input items as follows and allow you to set the function values. Use **UP, DOWN,** and **ENTER** buttons to input the values. Or press the **ENTER** button to pass some of the inputs. When you select the TARGET H.R. Program, input the function value as following:

Count (0 to 9990 Strides) ⟶ Time (1:00 to 99:00) ⟶ Calories (10 to 9990 cal) ⟶ Target H.R. (60 to 220)

When you select the Heart Rate Control Program, input the function value as following:

Count (10 to 9990 Strides) ⟶ Time (1:00 to 99:00) ⟶ Calories (10 to 9990 cal) ⟶ Age (10 to 99) ⟶ Percentage (50% to 95%)*

** The computer will calculate the Target Heart Rate for the workout based on the age and percentage of Maximum Heart Rate that you input.*

STEP 4 : START TO WORKOUT
Press the **START/STOP** button to start to workout. Always hold the Pulse Sensors on the Handrails with both hands.

COMPUTER INSTRUCTIONS

D. USER SETTING PROGRAMS (U1 to U4)

STEP 1: POWER ON
Pedaling or press any button.

STEP 2 : SELECT PROGRAM
Press **UP** and **DOWN** buttons until the desired program is displayed.

STEP 3: SET THE PROGRAM TIME, COUNT, CALORIES, and **TARGET HEART RATE**
After press the **ENTER** button to select the desired program. The computer will go through the input items as follows and allow you to set the function values. Use **UP, DOWN** and **ENTER** buttons to input the values. Or press the **ENTER** button to pass some of the inputs.

Count (10 to 9990 Strides) ⟶ Time (1:00 to 99:00) ⟶ Calories (10 to 9990 cal) ⟶ Target H.R. (60 to 220)

NOTE: When the **TARGET H.R.** is preset, if your pulse is equal to or greater than the **TARGET H.R.** during workout, the value of **PULSE** will keep flashing. **Please note that this is a warning for you to slow down or lower the Level of resistance.**

STEP 4 : EDIT THE PROGRAM PROFILE
Press the **ENTER** button, interval 1 will begin flashing. Use **UP** and **DOWN** buttons to set the load for interval 1. Press the **ENTER** button to proceed to the next interval. Use **UP** and **DOWN** buttons to set the load for each interval.

STEP 5 : START TO WORKOUT
Now you are ready to begin exercising. The program will not start until you press the **START/STOP** button.

OPERATION DESCRIPTIONS

1. You may preset values for several functions. The preset function values will start to count down once you press the **START/STOP** button to start exercising. Preset values will only count down, they will not count up. When you complete one of the preset functions, the computer will remind you with an audible alarm for ten seconds and stops running the program. Press any button to stop the audible alarm. Two possible options follow: Option A: press the **START/STOP** button to continue to run the current program. The value of this completed function will start to count up, while the other preset functions will continue to count down until you reach the next preset function. Option B: press **UP** and **DOWN** buttons to select a new program.
2. To stop a running program, press the **START/STOP** button. In this mode, you can press the **START/STOP** button again to continue to run the current program. Or, you can use **UP** and **DOWN** buttons to select a new program.
3. If you want to restart with a new program, press and hold the **ENTER** button down for two seconds to reset all of the function values to zero. Use **UP** and **DOWN** buttons to select a new program.
4. The computer will shut off automatically after 4 minutes of inactivity and all function values will be reset to zero.

COMPUTER INSTRUCTIONS

E. PULSE RECOVERY FUNCTION

The **PULSE RECOVERY** function measures how quickly you return to a resting heart rate after exercising. You can use this function to measure improvement as you get into shape. The computer will monitor your heart rate for 60 seconds and calculate a Pulse Recovery value from F1 to F6.

F1.0 = Excellent	**F2.0 = Good**	**F3.0 = Fair**
F4.0 = Below Average	**F5.0 = Not Good**	**F6.0 = Poor**

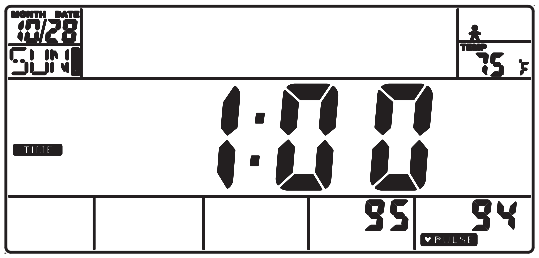
The readout should only be used as a comparison between workouts. It can be used right after any aerobic exercise. Stop exercising before starting this function.

To start the pulse recovery function, grasp the Pulse Sensors on the Handrails, one in each hand. Your pulse will be displayed approximately five (5) seconds after the heart symbol is displayed. Then press the **RECOVERY** button and continue to grasp the Pulse Sensors correctly. During the pulse recovery function, only **PULSE** and **TIME** are working and the display will be as shown in illustration E. **TIME** will count down from 1:00 and the heart symbol "♥" will be blinking. When the **TIME** reaches 0, the computer will show your pulse recovery condition from **F1.0** to **F6.0**. See illustration F. Press any button to exit the display.

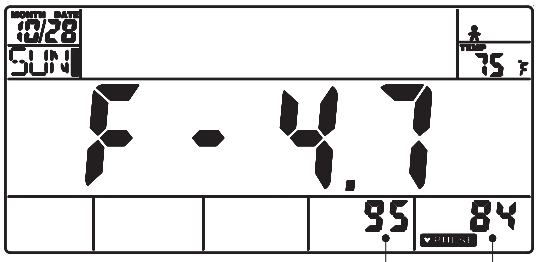
NOTE: 1. You can press the **RECOVERY** button at any time to run pulse recovery program, even during your exercising and running other program.

2. You can quit the pulse recovery function by pressing the **ENTER** button and hold it down for two seconds.
3. If you do not hold the Pulse Sensors properly or your hands are too dry. If no signal is available, an error code **E** will be displayed. Moisten your hands if necessary, then press the **RECOVERY** button to run the program again.

E.



F.



The highest heart rate detected during the first 20 seconds.

Current heart rate

POWER SOURCE:

The computer uses the **ADAPTER(95)** as a power source. Use the **AVARI® Programmable Stepper** with the **ADAPTER(95)** plugged into an electrical outlet.

STORAGE

1. To store the **AVARI® Programmable Stepper,** simply keep it in a clean dry place.
2. The **AVARI® Programmable Stepper** is approximately 38.8 inches long x 39 inches wide x 59 inches tall. These dimensions will vary. Please measure your **AVARI® Programmable Stepper** if exact dimensions are needed.
3. To move the **AVARI® Programmable Stepper,** lift the **REAR STABILIZER(3)** and use the **WHEELS(31)** on the front stabilizer.

MAINTENANCE

The safety and integrity designed into the **AVARI® Programmable Stepper** can only be maintained when the **AVARI® Programmable Stepper** is regularly examined for damage and wear. Special attention should be given to the following:

1. Use the **UP, DOWN,** and **ENTER** buttons on the **COMPUTER(71)** to select a program and verify that the **MAGNETIC SYSTEM(7)** provides different tensions. The Magnetic System should provide many years of use.
2. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
3. Verify that the **WARNING LABEL(87)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **WARNING LABEL(87)** if it is missing or damaged.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Worn or damaged components shall be replaced immediately or the **AVARI® Programmable Stepper** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **AVARI® Programmable Stepper.**
7. Keep your **AVARI® Programmable Stepper** clean by wiping it off with an absorbent cloth after use.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

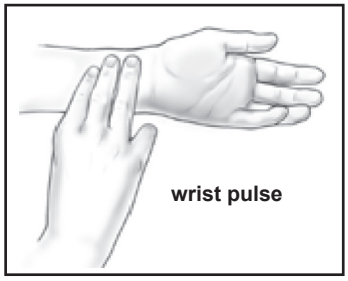
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



Target Heart Rate Zone Estimated by Age*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

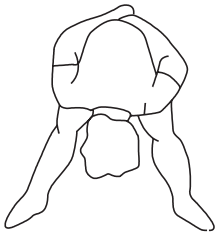
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: 220 - Age = predicted maximum heart rate

WARM-UP and COOL-DOWN

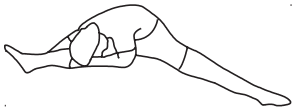
Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

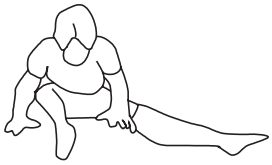
Suggested Stretching Exercises

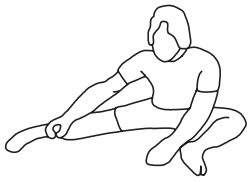


Lower Body Stretch
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessens, gradually try a lower position.



Floor Stretch
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.
DO NOT BOUNCE!
Do this stretch 10 times. Repeat the stretch with the left leg.





Bent Torso Pulls
While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.

Bent Over Leg Stretch
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down.
DO NOT BOUNCE!
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember to always check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

LIMITED WARRANTY

MODEL A400-300

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and five years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071,** or email us at **customerservice@staminaproducts.com,** or call us at **1-800-375-7520.** If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

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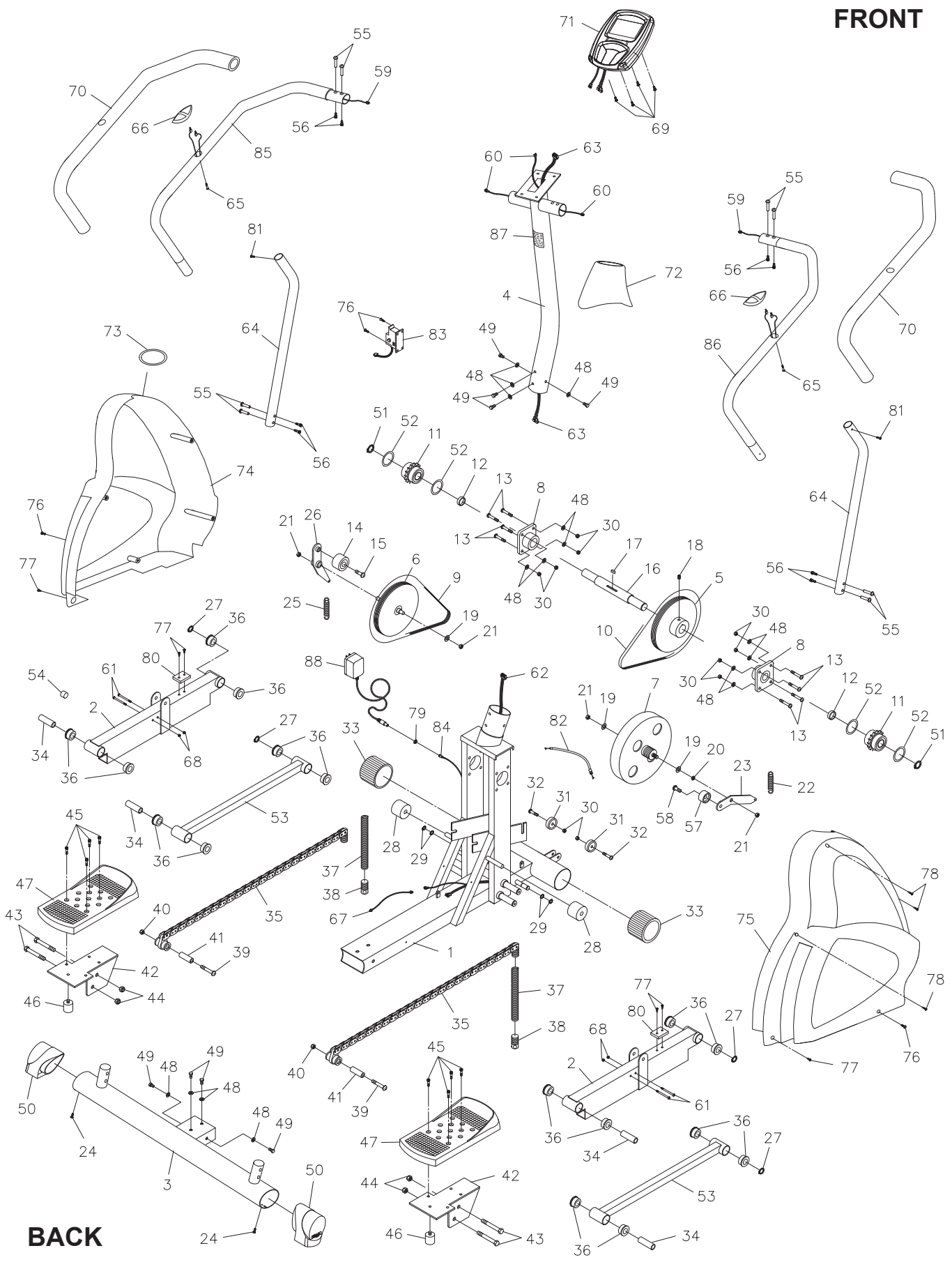
PRODUCT PARTS DRAWING



øø*PARTS LIST*

PART#	PART NAME	QTY
1	Main Frame	1
2	Pedal Arm	2
3	Rear Stabilizer	1
4	Upright	1
5	Drive Pulley	1
6	Transmission Pulley	1
7	Magnetic System	1
8	Bearing Housing	2
9	Drive Belt	1
10	Transmission Belt	1
11	Sprocket Hub	2
12	Spacer (ø25 x ø28 x 8.5mm)	2
13	Bolt, Button Head (M8 x 1.25 x 45mm)	8
14	Large Idler Wheel	1
15	Bolt, Button Head (M10 x 1.5 x 25mm)	1
16	Axle	1
17	Key (6 x 6 x 15mm)	1
18	Set Screw (M8 x 1.25 x 12mm)	1
19	Washer (ø12 x ø16 x 1mm thick)	3
20	Thin Nut (3/8” - 26 x 1/8” thick)	1
21	Nut (3/8” - 26)	4
22	Tension Spring (ø20 x ø16 x ø2 x 40mm)	1
23	Idler Arm	1
24	Screw, Flat Head (M5 x 0.8 x 12mm)	2
25	Long Tension Spring (ø20 x ø16 x ø2 x 70mm)	1
26	Idler Arm	1
27	C Ring (19mm)	4
28	Stopper	2
29	C Ring (13mm)	4
30	Nylock Nut (M8 x 1.25)	10
31	Wheel	2
32	Bolt, Button Head (M8 x 1.25 x 35mm)	2
33	Endcap (ø76mm)	2
34	Spacer (ø12 x ø19 x 60.5mm)	4
35	Chain	2
36	Pedal Arm Bushing	16
37	Return Spring	2
38	Spring Connector	2
39	Bolt, Button Head (M10 x 1.5 x 55mm)	2
40	Nylock Nut (M10 x 1.5)	2
41	Spacer (ø10 x ø16 x 40mm)	2
42	Pedal Support Plate	2
43	Bolt, Hex Head (M12 x 1.75 x 85mm)	4
44	Nylock Nut (M12 x 1.75)	4
45	Bolt, Socket Head (M6 x 1 x 20mm)	8
46	Bumper	2
47	Pedal Cap	2
48	Washer (M8)	16

PARTS LIST

PART#	PART NAME	QTY
49	Bolt, Hex Head (M8 x 1.25 x 12mm)	8
50	Leveling Cap (ø76mm)	2
51	C Ring (25mm)	2
52	O-Ring	4
53	Linkage	2
54	Magnet	1
55	Barrel Nut (ø8 x 33.5mm, M6 x 1 threaded)	8
56	Bolt, Socket Head (M6 x 1 x 16mm)	8
57	Idler Wheel	1
58	Bolt, Button Head (M10 x 1.5 x 22mm)	1
59	Pulse Sensor Wire	2
60	Pulse Connecting Wire	1
61	Screw, Round Head (M5 x 0.8 x 60mm)	4
62	Control Wire	1
63	Extension Control Wire	1
64	Lower Handrail	2
65	Screw, Round Head (M4 x 0.6 x 20mm)	2
66	Pulse Sensor	2
67	Sensor Wire	1
68	Nylock Nut (M5 x 0.8)	4
69	Screw, Round Head (M5 x 0.8 x 12mm)	4
70	Foam Grip	2
71	Computer	1
72	Upright Sleeve	1
73	Cover Ring (ø76mm)	1
74	Left Cover	1
75	Right Cover	1
76	Screw, Round Head (M5 x 0.8 x 12mm)	4
77	Screw, Round Head (M4 x 12mm)	6
78	Screw, Round Head (M4 x 16mm)	3
79	Plug Nut	1
80	Bumper Pad	2
81	Screw, Round Head (M4 x 0.6 x 12mm)	2
82	Tension Cable	1
83	Control Motor	1
84	Power Wire	1
85	Left Handrail	1
86	Right Handrail	1
87	Warning Label	1
88	Adapter, Output 6V DC, 1A	1
89	Allen Wrench (5mm)	2
90	Wrench	1
91	Manual	1

NOTES

TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina's customer service representatives can be reached by email at customerservice@staminaproducts.com or by phone at 1-800-375-7520 (in the U.S.). Our customer service representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.

ONLINE
CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com

TELEPHONE
CUSTOMER SERVICE
Tel: 1 (800) 375-7520

FAX
CUSTOMER SERVICE
Fax: (417) 889-8064

MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071 Springfield, MO. 65801-1071

Would you like to recieve email information or special offers from Stamina Products? Register at contact.staminaproducts.com

TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to register.staminaproducts.com. Please have your product model number (printed on the cover of this owner's manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don't have internet access, you can call customer service at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

PRODUCT REGISTRATION FORM

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Model Number: ..... Serial Number: .....

Product Name: .....

Place Purchased: .....

Date of Purchase: ..... Purchase Price: .....

First Name: ..... Last Name: .....

City: ..... State: ..... Zip Code: .....

Email Address: ..... Phone #: ( ) .....

Would you like to receive email information or special offers from Stamina Products?* ____Yes ____No *If yes, be sure your email address is included above.

Detach and Mail or Fax the Form Above

TO ORDER PARTS

If there are missing or damaged parts, you can go to parts.staminaproducts.com and order those parts. If you have questions, please contact customer service. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.

Detach and Mail or Fax the Form Below

PARTS ORDER FORM

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Mr./Ms: .....

Address: ..... Apt. #:.....

City: ..... State: ..... Zip Code: .....

IMPORTANT : We must have your phone number to process the order!

Phone #: ( ) ..... Work Phone #: ( ) .....

Date of Purchase: .....

Model #: .....

Purchased From: .....

IMPORTANT : Before filling out the form below make sure you have the correct information.
Refer to the parts list to make sure you're ordering the right parts!

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1